

**WHAT IS CLAIMED IS:**

1. A container for housing frozen sushi consisting of shaped sushi-rice and sushi-neta put thereon such as nigiri-sushi and bo-sushi, wherein the container comprises a main housing body having one or plurality of sushi housing parts protruding upward matching the shape of the sushi, the main housing body being open downward, and a bottom cover which can be engaged with the fringe face of the opening of said main housing body and is provided with one or plurality of sushi retaining parts with each of which can contact the bottom face of sushi-rice portion of the sushi housed in said sushi housing part or parts; said main housing body and bottom cover are made of material permeable to microwaves; and a microwave shielding film is formed on each of said protruding sushi housing parts at the part the sushi-neta portion is to be positioned.
2. A packed frozen sushi unit wherein nigiri-sushi or bo-sushi is housed in the frozen sushi housing container according to claim 1, wherein the sushi-neta portion is positioned in said sushi-neta portion positioning part, said bottom cover is fitted in to the main housing body so that each of said sushi retaining parts matches with the bottom face of sushi-rice of each of the sushi housed in each of said sushi housing parts and sealed, and the sushi is frozen in this sealed state.
3. The container for housing frozen sushi according to claim 1, wherein the wall of each of the protruding parts of said main housing body is broadening toward the end.
4. The container for housing frozen sushi according to claim 1, wherein each of the sushi retaining parts to be contacted with the bottom face of the sushi-rice portion is formed concave, and the concave is shaped to match the shape of the bottom

part of the sushi-rice portion.

5. The container for housing frozen sushi according to claim 1, container being for nigiri-sushi and capable of housing a piece of nigiri-sushi in each of a plurality of the sushi housing parts, wherein the main housing body is formed in a rectangular shape in the plan view, the protruding parts are arranged in two rows parallel to the long sides of the rectangle, each sushi housing part being parallel to each other and oblique to the sides of the rectangle.

6. The packed frozen sushi unit according to claim 2, a piece of nigiri-sushi being housed in each of a plurality of the sushi housing parts, wherein the container is formed in a rectangular shape in the plan view, a piece or pieces of nigiri-sushi with sushi-neta of non-raw fish such as cooked conger eel, fried egg, cooked clam, etc. are accommodated in one or plurality of protruding parts located in the corner parts of the rectangle, and pieces of nigiri-sushi with sushi-neta of raw fish, shellfish are accommodated in a plurality of the remaining protruding parts not located in the corner parts.

7. A container for housing frozen maki-sushi which has ingredients in the center, the ingredients are surrounded by sushi-rice, and the outer surface of the sushi-rice is covered with a dried laver sheet, wherein the container comprises a main housing body having a sushi housing part protruding upward and opened downward matching the shape of the upper circumference of the maki-sushi and having a microwave shielding film formed thereon so that the film has a plurality of interrupted portions along the cross-sectional circumference thereof; a bottom cover having a sushi retaining

part to support the maki-sushi, the bottom cover being able to be fitted in to the main housing body in the fringe part of the main housing body, the bottom cover having no microwave shielding film formed thereon; and microwaves can penetrate the bottom cover and the interrupted parts of the microwave shielding film to reach the sushi-rice portion.

8. A packed frozen sushi unit wherein the container for housing frozen maki-sushi according to claim 7 is used, maki-sushi is accommodated in the sushi housing part protruding upward, then the bottom cover is fitted in to the main housing body in the fringe part of the main housing body to support the maki-sushi, and the maki-sushi is frozen in this state.

9. A container for housing and freezing sushi-rice topped with ingredients (bowl article), the ingredients including raw fish, shellfish, etc. and being placed on top center part of the sushi-rice, wherein the container comprises a main housing body having a sushi housing part opened downward for covering the top of the sushi-rice with topped ingredients, a microwave shielding film being formed on the surface of the sushi housing part at least in the part facing the ingredients; a bottom cover having a sushi retaining part to support the sushi-rice, the bottom cover being able to be fitted in to the main housing body in the fringe part of the main housing body having no microwave shielding film formed on the surface thereof; and microwaves can penetrate the bottom cover to reach the sushi-rice.

10. A packed frozen sushi unit wherein the container for housing a bowl article of sushi according to claim 9 is used, ingredients topped boiled rice such as chirashi-sushi is accommodated in the main housing body so that the topped ingredients face the

portion thereof where the microwave shielding film is formed, the bottom cover is fitted with the main housing body in the fringe parts of the main housing body to retain the sushi-rice, and the ingredients topped boiled rice such as chirashi-sushi is frozen in this state.

11. The container for housing frozen sushi according to claim 1, wherein said microwave shielding film is formed on the outer or inner surface of the main housing body by metal evaporation.

12. The packed frozen sushi unit according to claim 2, wherein said microwave shielding film is formed on the outer or inner surface of the main housing body by metal evaporation.

13. The packed frozen sushi unit according to claim 2, wherein a picture image of a piece of sushi having sushi-neta put on top of the sushi-rice portion and housed in each of the protruding part of the main housing body so that the sushi-neta faces the upper part and the sushi-rice part faces the sides of the protruding part, is formed on each of the protruding part which houses the sushi corresponding to the picture image.

14. The container for housing frozen sushi according to claim 1, wherein the periphery part of said bottom cover can be fitted in to the peripheral fringe part of the main housing body and the peripheral skirt part of the bottom cover is extended downward lower than the sushi retaining part, and microwaves can intrude passing through the peripheral skirt part to the underside of the sushi retaining part.

15. The container for housing frozen sushi according to claim 1, wherein said main housing body and bottom cover are made of heat insulating material permeable to microwaves.

16. The container for housing frozen sushi according to claim 1, wherein the periphery part of said bottom cover can be fitted

in to the peripheral fringe part of the main housing body and the peripheral skirt part of the bottom cover is extended downward lower than the sushi retaining part, an image of the grain of wood is formed on the peripheral skirt part, and microwaves can intrude passing through the peripheral skirt part to the underside of the sushi retaining part.

17. A method of distributing frozen sushi such as nigiri-sushi or bo-sushi consisting of shaped sushi-rice and sushi-neta put thereon, wherein a picture image of each piece of sushi housed in each of the protruding part of the main housing body so that the sushi-neta faces the upper part and the sushi-rice part faces the sides of the protruding part, is formed on each of the protruding part corresponding with the housed piece of sushi so that the picture image can be visually recognized in the process of distribution.